



Adventure awaits

Discover Vilseck's medieval charm and experience the area's plethora of outdoor activities.

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Phenomenal Women

Several women in the Bavarian military community are honored for their stellar contributions.

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'The places you'll go'

Children in Hohenfels and Garmisch celebrate Seuss-style for Read Across America.

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Bavarian News

Vol. 7, Nr. 5 U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch March 16, 2011



Spc. Travis Watts defeats Spc. Zachery Bruno in a combatives match during the NCO/Soldier of the Year Competition, March 7.

Oman, Watts move on to next level, set for May 1-4 at Graf

Story and photos by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — Five Soldiers pushed their limits, March 6-8, as they vied for a chance to represent the garrison for the upcoming Installation Management Command-Europe NCO and Soldier of the Year competition. The Europe-level competition will take place at Grafenwoehr, May 1-4.

Three Soldiers assigned to Headquarters and Headquarters Company, U.S. Army Garrison Grafenwoehr, Sgt. Judy Oman, Sgt. Bo Taylor and Spc. Zachery Bruno, along with Spc. Scott Myers, HHC, USAG Hohenfels, and Spc. Travis Watts, HHC, USAG Garmisch, proved Army strong during the competition. After three rigorous days filled with sweat, physical training and late-night studying, Oman and Watts were named USAG Grafenwoehr's NCO and Soldier of the year, respectively.

The competition kicked-off March 6 with a weigh-in and equipment display inspection. The following day competitors showcased their physical and mental stamina with an early morning



Sgt. Bo Taylor, HHC, USAG Grafenwoehr, stands before the selection board during the NCO/Soldier of the Year competition.

Army Physical Fitness Test followed by a written exam and essay test where they were asked to write about the recent repeal of the "Don't Ask Don't Tell" policy.

Competitors continued to the firing ranges where they demonstrated their marksmanship as well as weapons knowledge, including safety, cleaning, disassembly and malfunction procedures on a M16-series rifle.

An afternoon combatives tournament at the Main Post Physical Fitness Center rounded out day two of the competition.

Day three began at 4:30 a.m. with a 12-mile foot march. Competitors carried 35-pound rucksacks on their backs, along with approximately

20 pounds of additional gear, including water, a rifle and Interceptor Body Armor as they plodded through the Grafenwoehr Training Area. Watts crossed the finish line first in two hours and 34 minutes. His sponsor, Sgt. Lisa Harper, ran the length of the course with him for support.

The final day proved the toughest for all competitors as each stood before the selection board. The board, consisting of eight senior enlisted leaders, asked competitors a wide array of questions ranging from uniform regulations and Army policies to current events.

"It was by far the most nerve-racking of all the events," said Oman, the only female competitor of the group. "You never know what they are going to ask, but they challenge you."

Oman was tested both physically and mentally throughout the competition, but felt this experience will aid her in future endeavors. "It's been a good learning experience," said Oman.

Watts agreed.

"This is a great opportunity to open doors for your future in the Army and to better lead your Soldiers," he said.

The key to winning, said Watts, is to think you're going to win.

"It's about challenging yourself and proving to yourself and your peers that you can do this," said Watts. "I stay competitive until the very end."

Deployed MPs thwart bank heist

by Charles Stadtlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — When military police Soldiers patrol the garrison here, their job carries the same demands and risks as that of any stateside police officer. Calls for domestic abuse, assault and car accidents are daily concerns for them, and the MPs' presence in the community helps to maintain order and safety.

But deploy the same Soldier to an active war zone, and the burden of maintaining order can quickly amplify. That's just what happened recently to Soldiers from Schweinfurt's 3rd Platoon of the 630th MP Company during a failed bank robbery in Jalalabad, a city in eastern Afghanistan near the border with Pakistan.

According to details released by the public affairs office of NATO's International Security Assistance Force, 12 armed men entered a Jalalabad branch of Kabul Bank at 11 a.m., Feb. 19. They quickly took over the four story building and held several dozen civilians hostage.

Shortly thereafter Afghan National Security Forces surrounded the bank and along with the Afghan

See ROBBERS, page 16

Conference targets local issues

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Volunteers gathered for two days last month at the Hohenfels Army Community Service offices to serve the garrison and the Army as delegates, facilitators, recorders and experts, and hash out solutions to issues identified by Hohenfels community members.

The Army Family Action Plan conference brings community representatives together to prioritize, discuss and offer recommendations on issues that impact the quality of life both at an installation level and an Armywide level.

Issues that are beyond the scope of the garrison may be submitted to the IMCOM-Europe AFAP conference, and can even reach the Department of the Army conference.

"The AFAP process is quite powerful in terms of getting ideas out from the community at the grass roots level and getting them toward the people who can make decisions and have influence over change within our organization," said Kurt Rager, Relocation & AFAP program manager.

"It's a great way to get new eyes and creative ideas by people who are not necessarily 'experts,'" said Lara Claggett, acting ACS director.

Last year's conference identified

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INSIDE

Shifting gears
The War Eagles of 1-2SCR depart the Uruzgan Province to focus on the Dand District and prepare for redeployment.
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Steps for success
The Behavioral Health Clinic in Grafenwoehr is helping Soldiers mentally prepare for deployment.
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Friends assist mom with at-home birth

Story and photo by
Molly Hayden
Staff Writer

VILSECK, Germany — Family member Julia Gallegos of Headquarters and Headquarters Company, 1st Squadron, 2nd Stryker Cavalry Regiment, was on a plane making his way home from Afghanistan for rest and recuperation leave, or perhaps it was the anticipation of her upcoming due date.

Maybe it was the fact her husband Sgt. Oscar Gallegos of Headquarters and Headquarters Company, 1st Squadron, 2nd Stryker Cavalry Regiment, was on a plane making his way home from Afghanistan for rest and recuperation leave, or perhaps it was the anticipation of her upcoming due date.

A baby would be in their



lives in approximately two weeks, she thought.

Two weeks, however, was too long of a wait for little Phoebe, their daughter who was born just a few hours later and delivered under unique circumstances.

Gallegos sat next to her friend Amanda Sands as she relived the story more than a month later. They looked at each other as most good

friends do, giggling with their eyes and finishing each other's sentences. At first glance you wouldn't expect these two to be friends, and they acknowledge that.

"We couldn't be more different," said Sands. "In the way we dress to our personalities, but it just works."

Sands held baby Phoebe and gently rocked her back and forth.

Julia Gallegos (center) holds her daughter Phoebe as she relives the story of giving birth in her home on Rose Barracks, Jan. 6. Friends Amanda Sands (left) and Ninfa Compean (right) were present during the delivery.

"It was an amazing experience watching her being born and it brought us even closer together," she said.

"Yeah, it's a shared experience that not of lot of people can say they have had," added Gallegos.

On that Thursday morning in January, Sands had just arrived to work as an operations assistant for Family

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Bavarian News

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Water Tower art by Dane Gray

Commander's Message



Giving back keeps community strong

Gruess Gott! As you know, a gunman killed two service members and wounded two more at the Frankfurt International Airport, March 2. Our hearts and prayers go out to the families of those airmen. I want to remind the community to be aware of their surroundings and report any suspicious behavior to the appropriate authorities.

AER

Part of being a community involves supporting one another in times of need. Army Emergency Relief provides emergency financial assistance in the form of no-interest loans or grants to Soldiers, as well as tuition assistance for family members. Funding for the program comes from voluntary donations by Soldiers and civilians, in addition to investments made by AER.

Last year, our community raised nearly \$94,000 and ACS distributed over \$1 million to Soldiers and families. This year's campaign, which began March 1, runs through May 15. But don't wait till the last minute to make a difference in our community. Your contribution helps the Army care for its own.

For more information about this year's AER campaign, contact Christine Nunez at DSN 475-8432, CIV 09641-83-8432 or e-mail christine.nunez@eur.army.mil. For information on AER loans, call ACS at 475-8371 (Main Post) or 476-2650 (Rose Barracks), or visit www.aerhq.org.

Community relations

In addition to giving back within our community, we recognize the need to consistently bolster our relationships with our partners outside the fence. Throughout the year, the garrison invites our host nation neighbors on post to open the lines of communication and provide updates on key issues

that directly impact them at our Community Relations Council. Key issues include the economic impact of our forces on the host nation, deployments and redeployments, and updates on housing needs and projects in the training area. The next Community Relations Council meeting will be March 28 at the Tower View Inn.



Housing survey

The annual Overseas Housing Allowance Survey (OHA), which also began March 1, is another opportunity for us to positively impact our community. The survey is intended for Soldiers who have lived off-post in privately leased or rental housing for at least six months, and spouses are authorized to take the survey if the member is deployed or unavailable.

The data from this survey is used to determine utility allowances, which are part of the Overseas Housing Allowance. By providing current information on utility costs such as electricity, heating oil, water and sewage fees, we can ensure the amounts Soldiers and families receive next year are accurate.

The Web address to the online survey is currently available on the USA-REUR home page under the "Community" tab and "Bulletin Boards." Soldiers and family members can also access the survey at www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a.

Winter sports

Although the winter sports are officially over and our students are gearing up for spring sports, I wanted to take

a moment to recognize our stellar athletes at Vilseck High School.

Despite being the 7th seed of 9 teams at Europeans, the girls' basketball team fought its way through the ranks to the championship game. They suffered a tough loss to Patch High School, 64-52, the same team they beat 48-37 in the third game of the tournament. Senior forwards Jamila Harvey and Thea Dunn made the All-Tournament Team, and they, along with Derej McClinton, were nominated for the All-Europe Team.

The boys' team played some tough games as well, winning two and losing two. Although they didn't make it to the finals, guard Calvin Hickman was selected for the 2nd Team All Region, nominated for the All-Europe Team, and recognized as VHS' Offensive Player of the Year; guard Daniel Arroyo was named VHS' Defense Player of the Year; and guard Xavier Scott received the team's Spiritual Leader Award. The junior varsity team was undefeated this season, winning most games by a large margin.

The VHS rifle team finished its season at Baumholder earlier this year, placing second in the conference. At Europeans they finished second by defeating Patch High School for the first time in Vilseck's 25-year history, which is no small feat considering Patch won at nationals and became the number 1 JROTC battalion in the world.

What most folks don't know is that while our VHS cheerleaders are motivating our athletes to win at Europeans, they are also competing. Although they didn't place in the competition, our cheerleaders received very high marks from the judges and were recognized by coaches and even parents from other schools for their positivity and spirit.

I'd also like to congratulate coach

Sam Cassou and the Vilseck Wrestling Team for their performance at European Tournament. Eight of the team's 23 wrestlers qualified for the tournament, which means they're considered to be top 12 wrestlers in DoDEA Europe to include some international schools. Four of these were first year wrestlers.

Of special note: Armondo Saldana, a 215-pound freshman beat Bitburg's beast of an upper classman Shaquille Williams in a huge upset putting Saldana in the medal round; and Noah Hartley, who battled through bouts of asthma, went to triple overtime, beating Jordan Linder of Ramstein to make it to the top 4 semifinals. He eventually upset Gabriel Diaz, a heavyweight favorite from Wiesbaden, putting him in the last championship match of the tournament, which he won in overtime by pinning Jonathan Garcia of AF-North.

Spring clean-up

Finally, although the winter weather is still hanging around, it's never too early to begin our spring clean-up.

The garrison's official spring clean-up isn't scheduled until May 9-13, however, as a community we can begin to police our areas and remove the debris that Old Man Winter has left behind; that includes homes, workplaces, the parking lots outside our buildings, but also the hallways and common areas inside our buildings.

The work we put in now will only make the job easier when May rolls around. Thank you again for all you do to make our community such a great place to live and work!

*Col. Vann Smiley
Commander, U.S. Army Garrison Grafenwoehr*

Two Soldiers found not guilty

by JMTC Office of the Staff Judge Advocate
News Release

At a general court-martial convened on Rose Barracks, Grafenwoehr Military Community, Germany, from Feb. 8-9, Pfc. Kevin P. Erickson, U. S. Army Health Clinic - Hohenfels, Bavaria Medical Department Activity, JMRC, Hohenfels, was found not guilty, in accordance with his pleas, of one charge and one specification

of drunk driving in violation of Article 111, UCMJ, and one charge and one specification of aggravated sexual assault with someone who was substantially incapacitated in violation of Article 120, UCMJ.

At a special court-martial convened on Rose Barracks, Grafenwoehr Military Community, Germany, from Feb. 23-24, Spc. Ryan W. Cochran, D Company, 5-158 Aviation Battalion, 12th Combat Aviation Brigade, was found guilty,

contrary to his plea, of one charge and one specification of wrongful use of a controlled substance in violation of Article 112a, UCMJ. Cochran was found not guilty, in accordance with his plea, of one charge and one specification of possession of drug paraphernalia in violation of Article 92, UCMJ. A military judge sentenced Cochran to be reduced to the grade of private (E-1), to be fined \$1,000, and to be confined for 60 days.



Photo by Amy Zink

Chasing winter away

ESCHENBACH, Germany — Col. Vann Smiley, commander, U.S. Army Garrison Grafenwoehr, was on hand to help Netzaberg Elementary students celebrate Mardi Gras in Germany this year as they marched in the Fasching Parade. The Netzaberg Middle School Band provided the marching music for the parade. Each class decorated costumes and chose a theme to honor Germany and Fasching.

Standing up for military families

Visit www.defense.gov/home/features/2011/0111_initiative, to learn more about how the Department of Defense is assisting military families.



Photo by Sgt. Maj. Gerald Morgenstern

Model citizens

GRAFENWOEHR, Germany — Craftsmen Rainer Koenig and Karl Panzer (fourth and third from right), from the Grafenwoehr German Army Installation Management Office, stand next to a model of the Forest House they built and presented to the city of Grafenwoehr and the garrison and JMTC command groups, Feb. 25. The model will be used during Grafenwoehr's 650th city anniversary this year.

Was denkst du?

(What do you think?)

What is your favorite thing about Fasching?

(All are students from David Simm's fifth-grade class at Netzaberg Elementary School.)



Matthew Bergosh

"The candy, the fun and the games."



Autumn Chung

"The parade."



Trey Higgins

"The candy!"



Angela Lance

"The costumes and dressing up."



Rachelle Romero

"The big floats, candy and going to the parades with my friends."

Hitting the road in Vilseck

Rich medieval history and wealth of outdoor activities pack powerful punch

Story and photos by
Jeremy S. Buddemeier
Managing Editor

VILSECK, Germany — Like many cities in Europe, Vilseck has been besieged and battered throughout history; however, the town still retains much of its medieval charm, as evinced by its landmarks and the hospitality extended by its residents.

Today, those 6,400 residents, which do not include nearly 4,500 Americans living in Vilseck off-post housing, occupy an area about 25 square miles.

The city got its name by virtue of its location, being situated near a sharp bend or “eck” on the Vils River. (Another explanation suggests that “eck” like “burg” used to mean castle, so Vils-eck was derived from “the city near the castle on the Vils River” or “Vilsburg.”)

Even today as you enter the city from the north near Rose Barracks, the road meanders like a river between buildings on its way to the town center. If you’re not careful, you’ll pass the right-hand turn for the castle, Burg Dagestein.

Burg Dagestein

Since the first iteration was constructed in about 920, Burg Dagestein has functioned as a haven for travelers on the Goldene Strasse (Golden Street), the well-known trade route between Nuremberg and Prague. This strategic location contributed to its growth as well as its destruction over the centuries.

The oldest remaining sections of the castle, including the most prominent 75-foot tall “Keep,” date back to the 12th century. Visitors can also admire 14th century murals on the first floor, along with 800-year-old sandstone blocks that medieval masons painstakingly placed as they strengthened the castle walls.

Today, in addition to celebrating its past, the city hosts festivals, concerts, art exhibits and book readings in the castle’s courtyard, and even performs civil marriages in the Keep.

Next weekend, March 26, the city will host a “Schreckenszeit in Vilseck,” a medieval city tour. During the tour, guides will recreate scenes from Vilseck in the Middle Ages. Visitors will pass medieval beggars, prostitution houses, see instruments of torture and witness villagers repelling an

attack on the city. The tour ends in the crypt at Burg Dagestein.

Vogelturm

Though not its oldest, the iconic Vogelturm is the city’s most well-known landmark. The tower, which was built in 1466, was part of the southern end of the town wall, which extended outside the St. Aegidius Catholic Church to the east, and around to the castle to the north.

After extensive renovation in the late 1990s, the Vogelturm became the Erstes Deutsches Tuermermuseum, the 1st (and only) German Tower Museum, in 2000.

A “tuermer” or watchman lived in the cramped tower, along with his entire family and his apprentices. In addition to acting as a lookout for fires, invaders and announcing special visitors, watchmen played music at weddings, funerals and in the community band, and these musical talents were invariably passed on to their children. Along with providing some medieval history, the museum illustrates the thankless job these watchmen and their families endured.

Though the town hasn’t moved, the borders for the powers governing it have. From the time Vilseck officially became a city in the 12th century until 1802, it fell under the Bishop of Bamberg. Travelers were required to pay a tax at the Zoll Haus (toll house) adjacent to the tower as they crossed the border.

Although it eventually became part of Bavaria, today some locals from the surrounding towns still adamantly claim Vilseck residents aren’t actually Bavarian, as their roots *only* go back 200 years.

Beyond the city walls

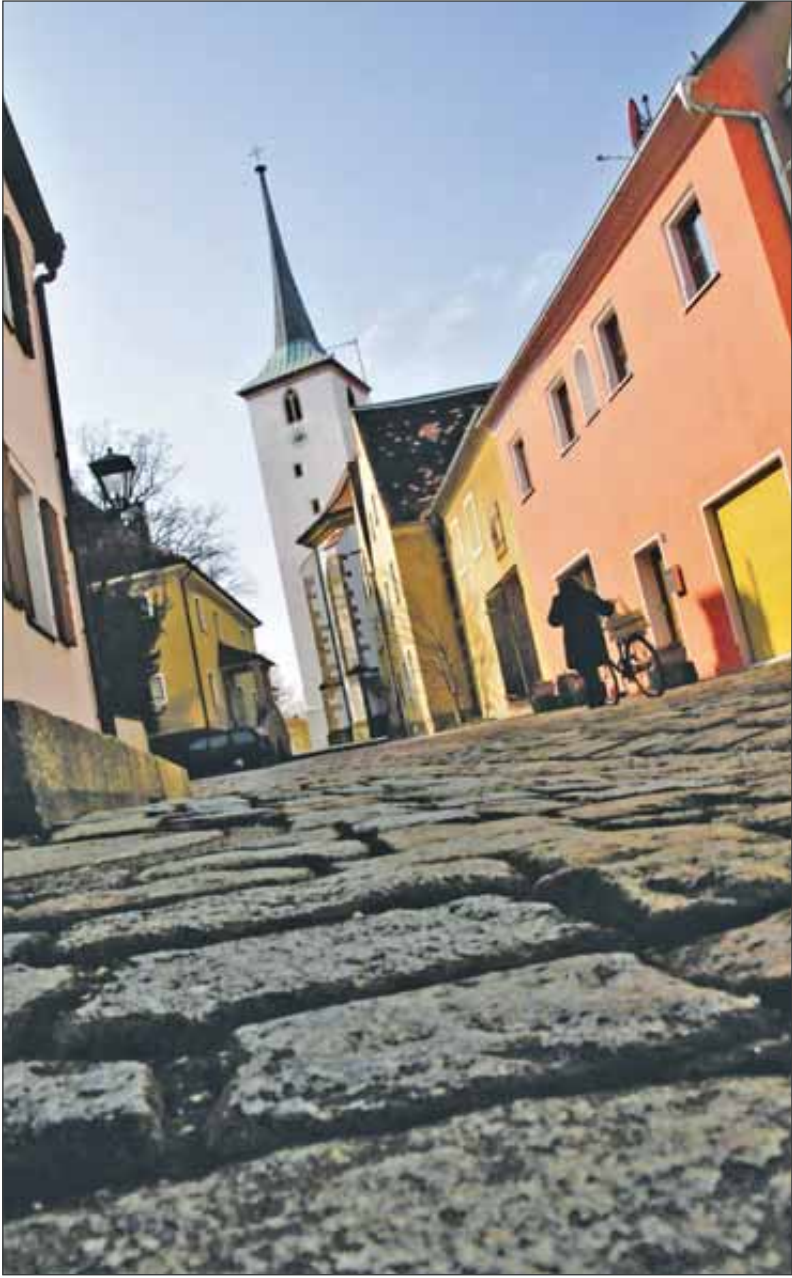
In addition to its unique history, Vilseck and the areas surrounding offer visitors a number of opportunities to experience the outdoors.

Less than 10 miles from Vilseck in Hirschau, the Monte Kaolino outdoor park boasts a 380-foot tall sand dune, which is the only sand hill in the world with a permanent lift. Each summer the European and World Sandboarding Championships are held here.

Visitors can summer ski, brave the sommerodelbahn (mini-roller-coaster) or high-ropes course, hike, camp or just relax by the pool as



The iconic Vogelturm and Zoll Haus have been fixtures in the center of town since the 15th century. Below: A resident walks her bike down the quiet Klostergasse behind St. Aegidius Catholic Church.



“Schreckenszeit in Vilseck”
March 26, at 7:30 p.m.
Meet in front of the fountain in the marktplatz. For more, visit www.ritter-von-der-zarg.de.

Erstes Deutsches Tuermermuseum (Tower Museum)
Open Fri-Sun and holidays, 2-5 p.m. and on request, contact the Tourist Information Office.

Burg Dagestein
Open from Easter-Sept., Sundays & holidays, 2-5 p.m., Mon-Fri, contact the Tourist Information Office (Frau Adolfine Nitschke, 09662-9916, kulturamt@vilseck.de). www.dagestein.de.

the kids splash down the 50-meter slide. Most activities open for the summer in May.

Nature enthusiasts can get their fix as they hike, bike or paddle along various sections of the 55-mile path that shadows the Vils River from Kleinschoenbrunn through Vilseck and Amberg before ending in Kallmuenz.

For more on these and other adventures, stop by the Vilseck Tourist Office or visit www.vilseck.de.



A memorial ceremony was held at the Ledward Chapel, March 4, to honor Pfc. Brandon L. Burdette, a member of B Battery, 1st Battalion, 77th Field Artillery Regiment, who died in Schweinfurt, Feb. 20.

Schweinfurt Soldier remembered

Story and photo by
Nathan Van Schaik
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — A Soldier with B Battery, 1st Battalion, 77th Field Artillery Regiment, who died in Schweinfurt, Feb. 20, was honored during a memorial service here, March 4.

Friends and fellow Soldiers attended the ceremony to bid farewell to Pfc. Brandon L. Burdette, 22, of Ashland, Ohio. Burdette served as a fire direction specialist with B Battery and his efforts there helped the battery successfully prepare for the unit’s upcoming deployment in support of Operation Enduring Freedom.

“He was hard-working, motivated, funny, outgoing and easy to talk to,” said Burdette’s colleague and battle buddy, Cpl. John Taylor. “He was a man to help someone out if there was any possible way to do so. He was a father and will be loved and missed by those he has left behind.”

“His time with Bravo Battery has touched us all and his absence definitely hurts, but none can imagine the sorrow of his family and friends back home,” said Capt. Josh Weakland, Burdette’s battery commander.

“Although his mother is not here, she sends her thanks and love to his fellow Soldiers and all of you here today,” said Lt. Col. Christopher J. Cardoni, commander, 1st Bn., 77th FA. Cardoni passed on stories and sentiments expressed by Burdette’s mother to the crowded chapel.

“I challenge all of you to call or talk to your parents, your significant other, your wife or husband and your children, and tell them how much you care about them.”

Pfc. Burdette enlisted in the Army Jan. 4, 2010, and participated in the recruiting assistance program back in his hometown. Burdette’s awards include the Army Achievement Medal (Posthumous), National Defense Service Medal, Global War on Terrorism Service Medal and the Army Service Ribbon.

Burdette is survived by his wife Jennifer, daughter Kalea, his brother Robert and his mother Debbie.

CYSS employees take customer service to the next level

Story and photo by
Jeremy S. Buddemeier
Managing Editor

GRAFENWOEHR, Germany — Tonya Phillips was at her wit’s end.

Snowstorms and the resulting flight delays had forced her family to spend several days strung out in various airports and on myriad modes of transportation between Fort Irwin, Calif., and Vilseck, Germany.

After finally arriving at the Kristall Inn on Rose Barracks, Phillips and her family began the often-dreaded task known by Army families everywhere: in-processing.

Still exhausted from traveling but with their chins up, Phillips, her husband Staff Sgt. Phillip Caldwell of the 172nd Infantry Brigade and their children hopped on the garrison shuttle bound for Grafenwoehr.

When they arrived, most of the of-



Wendy Santiago-Flores, administrative assistant (right), helps Spc. Syanika Porter-Malloy register her niece, Rahmaya, 7, whom she recently adopted, at Main Post’s Parent Central Services, recently.

fices were closed for lunch. Shortly thereafter, heavy snow caused dangerous road conditions and the shuttle stopped running. They were stranded, again.

As a new Army spouse, Phillips’ first PCS move was becoming one really long day.

“Everything that could have gone wrong for them, did,” said Tonik Jo-

soph, assistant director of outreach services at Parent Central Services, whose open door was a beacon for the Phillips family.

Recognizing the family’s situation, Joseph immediately began calling every rental car agency in the area while administrative assistant Wendy Santiago-Flores processed their paperwork.

Then Phillips found herself in another predicament.

“I was in tears because I didn’t have a coat for my infant,” Phillips said.

The Bavarian winter had little sympathy. Luckily, Joseph’s team at Parent Central Services did.

In what Phillips described in her ICE comment card as, “watching WWF wrestling,” Joseph, Santiago-Flores and their co-workers raced around the office, tag-teaming to help her family.

Joseph drove Phillips to the Exchange and commissary to get a coat for 2-month-old Mia and groceries for the weekend. She called back a few days later to follow-up and even took the family to Amberg while she was running her own errands.

“I can’t even put into words how grateful I was,” Phillips said. “You’re scared, you don’t have family here

... not many people would have done that. It was just wonderful.”

Paying it forward

Joseph, who has more than 15 years as a customer service professional, said it was very easy for her to assist given her first experiences at Grafenwoehr.

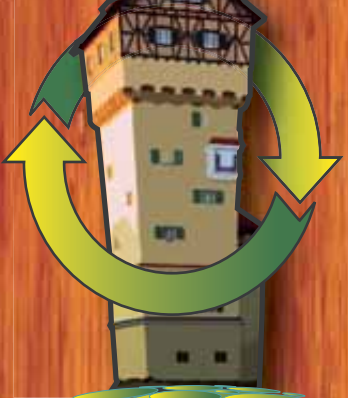
Though most people’s memories of coming to a new place fade over time, Joseph remembers her first moments in Germany quite vividly.

“It was April 30, 2006, and it was snowing,” she began. Joseph and her husband Sgt. 1st Class Jeffrey P. Joseph, Headquarters and Headquarters Company, 2nd Squadron, 2nd Stryker Cavalry Regiment, were part of the unit’s torch party. Although they had housing, they had little else.

Their sponsor, Sgt. 1st Class Rainey, dropped Joseph off with his wife, while he and Jeffrey tackled Soldier-

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Growing a greener
Grafenwoehr



Protecting Soil, Air and Water
and Supporting
the Training Mission

Training Area Management program has deep roots in environmental protection

By Michael Beaton,
JMTC Public Affairs

The Grafenwoehr Training Area (GTA), in Grafenwoehr, Germany, is the largest U.S. Army training area outside of the continental U.S. Its training lands consists of more than 88 square miles of forests, bogs and grassy plains. Likewise, the neighboring Hohenfels Training Area (HTA) is another 62 square miles. Given the size, diversity, and history of the terrain, providing sustainable and balanced environmental stewardship of the U.S. Army in Europe's (USAREUR's) training areas' presents a significant challenge for the Joint Multinational Training Command (JMTC).

To meet that challenges JMTC employs experts of the Integrated Area Management (ITAM) program, a team of professionals that provides a variety of stewardship responsibilities, such as maintaining the training area and the adjoining natural resources.

"Protecting the environment for training is a big part of what ITAM does. We maintain a 10 percent readiness goal," said Jeffery Andrews, ITAM Coordinator. "It's no small responsibility. In addition to GTA and HTA, ITAM oversees many smaller local training areas throughout Germany, Belgium, Italy and the Netherlands. A big part of sustaining ranges and providing a realistic training environment is building effective relationships with host nation and multinational officials, said Andrews.

"Last year, ITAM participated in or was the main organizer in numerous events reaching 25 multinational partners, including annual USAREUR and U.S. Africa Command workshops," said Andrews. "The people who work at ITAM know the power of good public relations and are very proactive about building local coalitions of environmental stakeholders, whether its with other U.S. environmental agencies or with local nationals."

ITAM representatives and subject matter experts also participate in numerous public and Command outreach initiatives, including Training Support Center Open Houses, Grafenwoehr Training Area recycling and conservation programs, Earth Day and other events.

"At ITAM we actively reach out to the non-military public in an effort to act as good ambassadors, as well as, good stewards of the training area lands in Europe," said Andrews.



For more information on ITAM programs
and events, publications and environmental
policies visit their website at

<https://srp.usareur.army.mil>

Community honors 'phenomenal' women

by U.S. Army Europe Public Affairs
News Release

HEIDELBERG, Germany — U.S. Army Europe selected local women for their positive impacts within the community to kick-off Women's History Month observations in March.

Five of the 13 honorees were chosen from Bavaria area communities: Catherine (Cackie) Howe, Ansbach; Nicole Barnard, Grafenwoehr; Priscilla Fleischer, Hohenfels; Latassha Doyle, Schweinfurt; and Christina Vaughn, Vilseck.

Christi Ham, wife of Gen. Carter Ham, commanding general, USAREUR, called on senior leader spouses to nominate a woman from each of their communities for the first "USAREUR Phenomenal Woman Scroll of Impact."

The purpose not only serves as an observance of Women's History Month, but also "highlights those women who are making history now during Women's History Month," Christi Ham said.

"Not that these selectees are the 'most' phenomenal in our communities — but they stand to represent the kinds of sisters living amongst us," she continued. "Their selection recognizes the efforts and accomplishments of many. Hence, I don't view it as selecting winners, I view it as selecting strong examples of the kinds of folks we have with us."



Vaughn invests time with VCSC

by Amy Zink
Assistant Editor

Like many of the selectees, Christina Vaughn was surprised to have the honor of the USAREUR Phenomenal Women Scroll of Influence bestowed upon her.

"I feel extremely honored to be included in this category with so many others who continually give so much to our community," Vaughn said.

Vaughn regularly volunteers in the USAG Grafenwoehr Vilseck community with the Vilseck Community and Spouses' Club (VCSC).

"It is such a rewarding feeling knowing that if (someone) needs help, I can give back by finding a way to help them. Using my life experiences I hope I am paying it forward."

But, she doesn't stop there. Vaughn also reaches out to Vilseck's furry citizens.

Helping animals in need is one Vaughn's pet projects. She is often conducting food and supply drives for the local animal shelters.

"I have been a volunteer for many years; it is my passion," said Vaughn. "It makes me feel good to know my efforts really do help those that need it most whether it is people or pets."

Like Barnard, Vaughn also recommends joining the local spouses' clubs to get involved.

"Our club works really hard to support our community as well as give back to our community. VCSC provides various volunteer opportunities no matter what your

The Army's Comprehensive Soldier Fitness (CSF) program — an Armywide program designed to increase the resilience and enhance the performance of Soldiers, Family members and Army civilians — was the guideline for the submissions.

Using the CSF five dimensions of strength (family, social, emotional, physical and spiritual), nominators considered how the attributes of the individual selectees have contributed to three or more of the five pillars in their military communities.

"It's not easy to narrow the selection to one," Ham said. "You can find yourself and those you volunteer with amongst these names because it takes an incredible team effort for any of us to accomplish what we do for our communities."

The submissions included military spouses, active duty and reserve Soldiers and Army civilians.

In 1981 Congress established National Women's History Week. Since 1987, when the week was expanded to a month, a special presidential proclamation is issued every year, which honors the extraordinary achievements of American women.

The Women's History Month 2011 theme is "Our History is Our Strength."

For more information, visit www.eur.army.mil/women.

skill sets are," Vaughn said.

The spouses' clubs often provide a variety of activities to help newcomers to get to know the local area and become more comfortable living in Germany. Vaughn stresses that inclusion in a local community organization can help people get to know their neighbors and the people in their community, can ease transition into a new country and provide fun and leisure activities.

Vaughn is no stranger to volunteering and her energy for helping others is infectious. This is one reason she was selected as a phenomenal woman. She encourages others to volunteer where and when they can.

"Once I saw there was a need in an area where I could contribute, I jumped right in with both feet," Vaughn said. "It is such a rewarding feeling knowing that if a spouse, family, community member or pet needs help, somehow, somehow, I can give back by finding a way to help them. Using my life experiences I hope I am paying it forward."



"I'm just like any other mom trying to juggle everything ... but, you get into this community and ... start to see that all the women here are pretty phenomenal."

Barnard points to support from community for Soldiers

by Amy Zink
Assistant Editor

If Nicole Barnard is not shuttling kids to school or working, she is volunteering. In addition to being the mother to three children and a Parent to Parent cadre member for the Military Child Education Coalition, Barnard is very active in her community. She volunteers with many organizations like the Grafenwoehr Community and Spouses' Club, the Protestant Women of the Chapel and her battalion family readiness group.

When asked about the honor of being selected for the U.S. Army Europe Phenomenal Woman Scroll of Impact, Barnard expressed surprise and gratitude.

"After reading the narrative, I was glad to know that I am a representative for our community," Barnard said. "I'm just like any other mom trying to juggle everything; kids, jobs and volunteering but, you get into this community and you start to see that all the women here are pretty phenomenal."

Becoming an active volunteer has given Barnard the opportunity to meet many women in the community. Her hope is that her efforts are helping to empower these women to become independent, well-informed and to create camaraderie among them. Barnard feels it is difficult for many families coming to Germany because they believe they are alone on tours without the support of their families. She wants Soldiers and families to know they are a part of a community that is here to sustain them.

Barnard stresses that the organizations Soldiers and family members become a part of will be their support system while they are in Europe. As a battalion FRG advisor, she feels that she is making a difference. Her goal is to help Soldiers and families realize that the FRG is there to help them through the good times as well as the bad.

Barnard says two good places for people to start learning more about their community are by taking the Army Family Team Building classes and Welcome to Bavaria program through Army Community Service. Although there are a lot of class opportunities online, she suggests that these classes be taken in person, "that way you get to meet new people and ask questions in person."

Fleischer can relate to Soldiers' struggles

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Priscilla Fleischer, Family Advocacy Program manager, was nominated for her professional contributions in the many programs she has implemented, and also for her volunteer activities in numerous community events.

Fleischer knows firsthand how hard women have fought for equal status in society. Although she grew up in the 50s, she was a self-proclaimed flower child of 60s.

Subjected to many of the abuses common to women of the time, Fleischer gravitated toward social work in an effort to help change some of the inequalities prevalent in society. She received her master's degree in social work from the University of Illinois and earned her doctorate from the California Institute of Clinical Social Work.

"What I wanted to do is reach out to anybody who needs my help," said Fleischer, and she has pursued that goal in some of the worst slums of America.

"I've found that even at the lowest possible level a person can sink to, there is within those people a chance for them, if somebody cared about them enough," Fleischer said. "Anyone can make their life better if someone is there to help you and support you."



"I've found that even at the lowest possible level a person can sink to, there is within those people a chance for them, if somebody cared about them enough."

Fleischer is always ready to offer that support. She started at Hohenfels as the New Parents Support Program Home Visitor, counseling parents on parenting skills, child nutrition, and stress management. Shortly afterward, she and her partner started the Total Mom program.

"I think we're the only post in the Army that I'm aware of that does this program," Fleischer said. Based on the book "The Total Mom Makeover" by Hannah Keeley, the 10-week program recognizes that a woman is more than a mother, and helps them integrate all the facets of their lives into one total person.

"It's really about building self esteem in young women, and helping them remember that they have goals, they have a life," said Fleischer. "We try to remind them that, yes you have a very hard job being the wife of a Soldier, but at the same time you have opportunities, and if we can build support for them and offer them opportunities, there's a way to get through this life as a military spouse in a good way. We want to push them

and encourage them to remember who they are as people."

Other programs Fleischer implemented include anger management, couples communication, stress management and the safe child program.

"The mission of the family advocacy program is the prevention of spouse and child abuse," she said. "All the programs I run are geared toward that."

Even after hours, Fleischer never stops reaching out. Besides being an active member of the German/American Kontakt Club, Fleischer finds time to help during the Volksfest, Kinderfest and Make a Difference Day, as well as off-post events like the Kriskindle Market in Velburg and the clearing of the Polish Cemetery. She was also a driving force in the execution of the Hohenfels 2010 Angel Tree program, which provided gifts to 179 children.

"My husband would say I'm the person who is always trying to stick nine pounds into an eight-pound bag," she said.

"I have a hard time saying no," Fleischer admitted, "but, really I'm

interested in everything. My father told me you only have one life. Don't waste it. If you want to do something, go do it, because you may never get another chance."

Fleischer says the most rewarding part of her job is working with Soldiers, especially in the group settings like anger management. She said that though their first impression of her might be that of a "sweet little old lady," there's nothing they can say that shocks her.

"I can relate to their fear, to their anger ... to their struggles, and disappointments. I have a lot of credibility with the Soldiers."

At 67 years old, Fleischer is a bundle of energy. She said since she had children at 39, she realized she was going to have to keep herself fit so she would be around to raise them. When her husband Charles decided to quit smoking, the pair took up running.

"I hated every minute of it," she said. "But after a while, I'd get home and say, gee, I feel so much better now."

To celebrate her birthday this July, Fleischer plans to run her first marathon. But not just any marathon. She's aiming for the Athens Classic which retraces the legendary 42-kilometer run when a young soldier ran from Marathon to Athens to relay news of a great Greek victory over Persia.

"It's something I've always wanted to do. If I have to walk the whole thing, I'm just going for it anyway," Fleischer said.

War Eagles depart Uruzgan Province

Squadron's focus shifts to redeployment and move to Dand District

by Sgt. 1st Class
John Wollaston
2SCR Public Affairs

MULTINATIONAL BASE TARIN KOWT — During a transfer of authority ceremony at Multinational Base Tarin Kowt, the 1st Squadron, 2nd Stryker Cavalry Regiment, transferred authority for its role in Uruzgan Province to the 4th Battalion, 70th Armor Regiment, part of the 170th Infantry Brigade based in Baumholder, Germany.

The ceremony officially marked the end to the battalion's Uruzgan mission and the start of a new assignment as the War Eagles prepare to move south to Dand District in Kandahar Province.

In front of Soldiers representing seven different countries, local political leaders, military and police officials and his fellow battalion commanders, Lt. Col. Douglas Sims and Command Sgt. Maj. Jeremiah Inman cased the unit's colors; completing the transfer of authority for the mentoring of the Afghan National Police in Uruzgan to Lt. Col. David Oeschger, Command Sgt. Maj. Brian Vogl and the 4-70th Soldiers of Task Force Thunderbolt.

Nine short months ago, Sims stood not far from the hangar where this transfer of authority was taking place as his War Eagles took over operations in Uruzgan from the Dutch 42nd Battle Group. Now, it's his turn to pass the torch.

"In late April, six weeks before we left Germany, when we found out we were replacing the Dutch it was



Photo by Cpl. Chris Dickson

Command Sgt. Maj. Jeremiah Inman and troops of 1st Squadron, 2nd Stryker Cavalry Regiment, salute the colors during the Transfer of Authority ceremony at Multinational Base Tarin Kowt.

an eye-opening experience," said Sims. "Nine months later I could not be more proud of the results of the squadron."

In noting the progress he and his Soldiers made toward securing the province and allowing the people of Uruzgan to stand on their own, Sims said it took the combined efforts of the entire team to make it happen.

"None of what we've done in Uruzgan has been done alone, in fact none of our accomplishments are the sole propriety of the War Eagles," Sims noted, adding that "these areas of progress are a result of the synergy with the other elements on the ground."

"The teamwork has been superb and we have been proud to have been a part of such an amazing group of warriors."

But the success was not without a price for the Soldiers of 1st Squadron.

In their nine months in Uruzgan, three times the troopers gathered with heavy hearts to remember a fallen comrade. Sims paid tribute to the fallen Soldiers saying their names will be forever linked with the squadron's accomplishments.

"I offer the most treasured gratitude to the three War Eagles who paid the ultimate sacrifice to the people of Uruzgan. Spc. Justin Shoecraft, Pfc. Cody Board and Sgt. Eric Nettleton who will be forever linked to the progress and change that has come to Uruzgan Province," Sims said. "We may leave Uruzgan today but we will never forget the three that died here serving with us."

Calling them "impact players," Col. Jim Creighton, the commander of Combined Team Uruzgan, said the day in, day out efforts of the squadron working side-by-side with the Afghan National Police has had a

lasting and important effect on the people of Uruzgan.

"It was your interaction and friendship with the police that will allow the sacrifices you made to hold and for the people of Uruzgan to stand up in support of their government and move forward," Creighton said. "What you have done is to create a lasting impact on Uruzgan specifically in Deh Rawod, Tarin Kowt and Sha Wali Kot."

To the Soldiers of the incoming Task Force Thunderbolt, he said: "You have huge shoes to fill and what I'm excited about is your opportunity to excel."

Oeschger, the incoming commander, said at first he didn't want the kind of ceremony he was participating in today, but changed his mind when he realized the ceremony was about much more than just casing and uncasing the colors.

"This ceremony represents so much more than just two American units changing position," said Oeschger. "This ceremony represents governance, nations and armies all gathered on the field of another nation to do good."

Oeschger then addressed not only his Soldiers but his new team mates from down under, Mentoring Task Force Two, from the Australian Army's 5th Battalion of the Royal Australian Regiment.

"To the Thunderbolts, your professionalism, your dignity and respect for cultures will stand the test of time and you will succeed," he said. "To MTF-2, we are brothers in arms and we will succeed together."

The War Eagles of 1st Squadron will now move south to the Dand District in Kandahar Province where they will pick up the security mission for the district until their replacements arrive in early May.

Ceremony marks an historic moment for ANA

by Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Feb. 27 marked a historic moment not only for the 2nd Kandak, 2nd Brigade, 205th Corps of the Afghan National Army, but also the Afghan National Security Forces. On this day, the 2nd Kandak celebrated a goal never reached by any other ANA unit in Afghanistan to date. It is the first Kandak to earn and become a completely independent force, capable of operating without the aid of coalition partners. The historic event was marked with a transition ceremony held at Camp Eagle in Qalat.

Being assessed as independent by coalition forces and the Ministry of Defense means that 2nd Kandak is able to gather intelligence, plan and execute counter insurgency operations without any assistance. Independence doesn't mean that NATO forces aren't there to assist with air assets and quick reactionary forces when necessary. There are other Kandaks or battalions in 2nd Brigade that are almost ready for this honor, but they will require further assessment and evaluation. This is the first step of many on the eve of the transition plan announcement around mid-March.

On hand to witness the historic event were the Afghan leaders from the 2nd Brigade, 205th Corps, the Ministry of Defense, other influential leaders of Zabul Province and ISAF Forces.

Lt. Gen. David M. Rodriguez, International Security Assistance Force Joint Command commander, and U.S. Forces – Afghanistan deputy commander commended the 2nd Kandak's soldiers and praised their commander, Lt. Col. Wali Mohammad.

"Today we recognize the 2nd Kandak's ability to plan, execute and sustain its operations without assistance from coalition forces," Rodriguez said. "Lt. Col. Mohammed, your transition to independent status is an important achievement for your soldiers, the Afghan Army and all the people of Afghanistan."

"Today's achievement is possible because your soldiers are proficient in their soldier skills and the 2nd Kandak can shoot move and communicate as a team because each soldier does his job well," he said. "Your achievement here is also important to the Afghan National Army. The 2nd Kandak is the example to other soldiers, leaders and the entire Ministry of Defense of what is possible; a professional, accountable Afghan National Army."

Col. James Blackburn, the 75th colonel of the 2nd Stryker Cavalry Regiment, whose soldiers have been working alongside the 2nd Kandak as part of Combined Team Zabul, was equally proud of the unit's extraordinary achievement.

"While we use numbers to describe the success of 2nd Brigade and 2nd Kandak, none of them add up to the effect of this organization," Blackburn said. "The number of IEDs defeated, of caches exploited, the number of enemies detained does nothing to describe what this Brigade means to the people of Zabul."

The transition of 2nd Kandak to the status of a completely independent force is a crucial turning point in the ANA's continuing mission to achieve security and stability throughout Afghanistan. Their achievement is a shining beacon for other ANSF units to follow.

Dragoons celebrate Black History Month

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Troopers of the 2nd Stryker Cavalry Regiment gathered alongside their Coalition counterparts from Combined Team Zabul to celebrate the accomplishments of African Americans during a Black History Month celebration at Forward Operating Base Lagman, Feb. 26.

The special guest speaker of the evening was Command Sgt. Maj. Marvin L. Hill, the command senior enlisted advisor for International Security Forces/ U.S. Forces- Afghanistan. Hill reflected on how Black History Month is more than just the celebration of African Americans.

"Black History month is a time to celebrate our diversity," Hill said. "It is also a time to reflect on the accom-



The CTZ Choir sings a stirring rendition of "Go Down Moses" during the Black History Month celebration at Forward Operating Base Lagman last month.

plishments that African Americans have made throughout history and to think about what diversity will mean in the future."

"Black History month is just not a celebration of African Americans, it's a celebration of all Americans," Hill explained. "Because Black history is also American history and it is part of

our unique history as a nation."

Hill's diversity message could not have been more fitting for his audience, which included Afghans, Romanians, U.S. Soldiers and civilians from a myriad of cultures. All of which are vital parts of the CTZ force.

Hill said the cultural diversity of

the U.S. military has helped make it the outstanding force it is today.

"Each one of us brings different histories, different heritages and different perspectives to the table," Hill continued. "It is that diversity that enriches our nation, will keep our Army strong and has made our military the dominate force it is now and will keep it a dominate force in the future."

"No matter how diverse we are, we are all part of the same team with the same goals. Those goals are to fight and win our nations wars, safeguard freedom at home and build it abroad."

Other highlights of the evening included cultural dance numbers performed by the CTZ Dance team, and musical numbers sang by the CTZ Choir and other Soldiers and civilians who volunteered their talents to make the night a success.

'Fighting 44th' cases colors, begins deployment

Story and photo by
Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Three companies of the 44th Expeditionary Signal Battalion formed up in the Ledward Activity Center, March 1, for the ceremonial start of their yearlong deployment to Afghanistan. Alpha, Charlie and Headquarters companies were present before their battalion, garrison and brigade commands for the casing of the colors, the ceremonial start to any deployment.

Lt. Col. Dwayne Dickens, the battalion commander, embraced the deployment with enthusiasm. "I have no doubt," said Dickens. "Let me repeat that: I have no doubt that the Soldiers of this

battalion have the ability to do whatever their missions demand of them."

The battalion's Bravo Company has been in Afghanistan for nearly a year, and will return to Schweinfurt while the remaining three companies are departing.

Col. John Arnold, commander, 7th Theater Tactical Signal Brigade (the 44th's parent brigade), was on hand for the ceremony.

"What we have before us," said Arnold, "is an expeditionary signal battalion that will prove to be the most capable of its kind to deploy."

According to Maj. Luis Alvarado, the battalion's mission for the year is to manage the tactical network for Afghanistan Regional Command-North, part of NATO's International Security Assistance

Force.

The command includes Badakhshan, Baghlan, Balkh, Faryab, Jowzjan, Kunduz, Samangan, Sar-e Pul and Takhar provinces.

"Today marks a very solemn but a noble mission in the history of the fighting 44th," said Dickens.

The ceremony was short and to the point. The gathered Soldiers saluted the flag for the national anthems of both Germany and the United States, listened to the encouraging remarks of their commanders, and readied themselves for the rigors of war.

"Whatever you do," said Arnold, "keep safe."

The battalion's advanced echelon party deployed the day before the ceremony, and the remaining main body parties will join them within the next several weeks.



Lt. Col. Dwayne Dickens and Command Sgt. Maj. Demetrius Steel of the 44th Expeditionary Signal Battalion perform the traditional casing of colors prior to the battalion's deployment to Afghanistan in the coming weeks. The unit will manage the tactical network for Afghanistan's Regional Command-North.

For more pictures from your favorite stories, visit our Flickr site at www.flickr.com and search using "Grafenwoehr."

Netzaberg students make history for NHD

by Netzaberg Middle School
News Release

ESCHENBACH, Germany — National History Day makes history come alive for America’s youth by engaging them in the discovery of the historic, cultural and social experiences of the past. Through hands-on experiences and presentations, today’s youth are better able to inform the present and shape the future. NHD inspires children through exciting competitions and transforms teaching through project-based curriculum and instruction.

Mrs. Rozanski’s sixth and seventh grade Creative Thinking class at Netzaberg Middle School spent the first semester of the 2010/2011 school year engaged in researching and creating their NHD projects and shares their exhibits, websites, documentaries and dramatic performances with the community.

This year, students needed to base their project on the NHD theme “Debate and Diplomacy: Successes, Failures, Consequences.” Students were allowed to choose any topic to research that interested them as long as it fit the theme.

Two students in class, Kirsten Carson and Tatjana Jarvis, created a website entitled “Hitler’s Leadership Skills: Good Skills Gone Bad,” in which they discuss Adolf Hitler’s leadership skills and how



they were used for a negative cause.

“The hardest thing we tried to accomplish,” said Tatjana, “was trying to get a hold of a Holocaust survivor.” Tatjana said she had to cancel a phone interview with Dr. Jack Terry, a survivor of Floessenburg, when school was cancelled because of a snowstorm.

Kirsten overcame obstacles while completing the project as well.

“The hardest thing was that we had a word limit, so instead of trying to write an essay we had to make it short and sweet, which was really difficult. The best thing about the project was that since my partner and I chose to make a website we had the chance to explore many new things!”

Students presented their projects to

the community and judges during NES’ “Knight of the Arts,” an event that also featured the performing and visual arts students, as well as a school event when select Video Production and Language Arts classes came to see their peers’ work. The top winners were presented with prizes at the seventh grade awards ceremony were Kirsten Carson and Tatjana Jarvis, first place, for their website “Hitler’s Leadership Skills: Good Skills Gone Bad”; Cierra Miller, second place for her website “Salem Witch Trials”; and a third-place tie between Anastassia Kostin’s “Should the US have entered WWII?” website and Ben Jones, Spencer Andrus, Wolfie Zachar’s group performance of “Cuban Missile Crisis.”

Netzaberg Middle School students pose with their National History Day projects. Clockwise from the left are: Brian B-G, Tristan K, Cierra M, Ben J, Spencer A, Ezra V, Cynthia M, Tatjana J, Kirsten C, Anastassia K.

Photo by Alina Rozanski



Photo by Dolores McDowell-Schaffer

Waxing poetic

GRAFENWOEHR, Germany — Netzaberg Middle School drama students participate in an Historical Figure Wax Gallery during a Black History Month luncheon, last month. Students researched famous figures, such as Nat Turner and Ruby Bridges, wrote monologues, created costumes, and performed for the more than 200 visitors during the luncheon.

From left to right are Ismarie Rosario, Brooke Rowe, Callahan Moore, Ingrid Langhammer-Kenan, Samantha Bidinger, Sydney Parker, Tatiana Rogers, Nolan Tucker, Zakariyya Johnson.

What’s Happening

Garmisch Briefs

Ski Austria

April 2: Jump on the Ski Bus Express for St. Anton, Austria, featured in Warren Miller’s new movie and about every other ski movie since the 1930s. Do not miss it! Cost: \$79 (includes weekend equipment rental) or \$12 for the bus only, space available.

Concert

April 5: Pieces featured include a piece by the contemporary composer Wolfgang Rihm, and Brahms’ “The German Requiem.” Cost: \$12 for transportation, tickets from 5-53 euros.

Munich/Third Reich

April 15 & 17: An overview on Friday eve, then on Sunday taking the 8 a.m. train to Munich where we recreate the Bier Hall Putsch of 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. Extremely interesting, like examining an urban battlefield. Lots of walking all day so wear comfortable shoes. Cost: \$35.

Erdinger Therme

April 16: Enjoy a therapeutic, relaxing, calming, and exhilarating time, with lots of good fun at the water park. Cost: transportation \$15; park entry cost about 38 euros.

Opera

April 20: Bellini’s “Norma” with Edita Gruberova in the title role. Cost: \$12 for transportation, tickets from 9-100 €.

Prague

April 22-25: Enjoy a guided daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Departs at 4:15 p.m. Cost: \$370.

Venice & Verona

April 29-May 1: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark’s Square, gondolas and good food. On Sunday, it is off to Verona and a tour of the Romeo and Juliet city with the great Roman Arena. Cost: \$290 (museum entrances, food, public transportation extra).

Urbino

May 27-30: Visit a true

Renaissance jewel and birthplace of Raphael and Bramante. See the Ducal Palace, commonly regarded as one of the best structures from the Renaissance period. Visit Perugia, home of wonderful chocolate confections, take in the magnificent views and see the wonderful architecture. Cost: \$475, \$150 deposit due by April 15.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events, contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or e-mail us at Garmisch.FMWRodr@us.army.mil.

The Pete Burke Community Center provides transportation to and from the concert/opera venue. For those that just want a night in Munich seeing the many sights, take in a movie, or just enjoy a meal in one of the many fine eating establishments. Cost is \$12.

Graf/Rose Barracks Briefs

A day for veterans

The U.S. Senate has declared March 30 as “Welcome Home Vietnam Veterans Day.”

The Senate encourage Americans across the country to recognize Vietnam veterans for their sacrifice and demonstrate a warm welcome to these Soldiers who returned from war to a politically divided country.

Health Clinic Fridays

Beginning April 1, the Army health clinics in Bavaria will be open full days on Fridays. As a result, the clinics will no longer schedule appointments after noon on Thursdays to accommodate staff training time. For more information, contact your local Army health clinic.

Estate claims

Anyone having claims on or obligations to the estate of 2nd Lt. Daren M. Hidalgo, 2nd Stryker Cavalry Regiment, should contact Capt. Andrew P. Kley, the summary court-martial officer, at DSN 476-5038 or e-mail andrew.kley@eur.army.mil.

Summer Hire

Applications are currently being accepted online from March 27-May 22 for the 2011 Grafenwoehr Summer Hire Program. The program, which includes child care, clerical and labor positions for family members between the ages of 14 and 22,

will run June 20-July 29.

For more information contact the Grafenwoehr point of contact, Pamela Kelly, at DSN 475-8801, CIV 09641-83-8801.

Housing survey

Soldiers are encouraged to take the Overseas Housing Allowance Survey, which is used to determine utility allowances for all military personnel who reside off-post in privately leased or rental housing.

The survey is currently available on the USAREUR home page under “Community” tab and “Bulletin Boards.” Soldiers and family members can also access the survey at www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a.

Blood Drive

The community is invited to donate blood at the USO, Main Post Bldg. 150, March 22, 10:30 a.m.–5:30 p.m.

To make an appointment go to www.militarydonor.com, click on “Donate Blood” then click on “Landstuhl, Germany.” Walk-ins are always welcome.

Women’s History

Join the community at the Tower Inn Conference Center, Main Post Bldg. 209, March 23, 10 a.m.–3 p.m., as we discuss nutritional health, suicide prevention, women’s health, financial readiness and resiliency.

RSVP by March 18 as space is limited. Free lunch will be provided. For more, e-mail robin.blairjohnson@eur.army.mil or call DSN 475-6365, CIV 09641-83-6365.

ICE training

Sign up for upcoming Interactive Customer Evaluation training on the following dates:

■ March 24, at Main Post, Bldg. 244, Room 123-1, Class 1, from 8:30–10:30 a.m.; Class 2, from 1–3 p.m.;

■ May 12 at Camp Normandy, Bldg. 3144, Digital Training Center, Class 1, 8:30–10:30 a.m.; Class 2, from 1–3 p.m. For more or to register, call DSN 475 – 6034 / 8881.

Calling all crafters

April 9: The Hohenfels Community and Spouses’ Club is looking for crafters to sell their handmade goods during an art fair. The event will take place in the Hohenfels Community Activities Center from 10 a.m.–3 p.m.

Interested artists may sign up or receive further information by e-mailing PaigelovesKeith@yahoo.com. Deadline to sign up is April 1.

Hohenfels Briefs

Phenomenal Women

Through March 18: Do you know a phenomenal woman in our community who gives more than she gets and makes a significant positive impact? Nominate her as a Hohenfels Phenomenal Woman. Nominations will be accepted through March 18 and should contain the phenomenal woman’s name and a brief narrative highlighting her contributions.

Send all nominations to chris.mulvihill@eur.army.mil. All nominated women will be recognized at the Women’s History Month observance at the Warrior Dining Facility, March 22. For more, call Master Sgt. Chris Mulvihill at DSN 466-4102.

Woodshop safety class

March 17: Become authorized to use the Arts and Crafts tools and equipment by taking the woodshop safety class, 5 -7:30 p.m. at the Arts and Crafts Center, Bldg. 18. Teens ages 16-18 must be accompanied by an adult. The cost is \$10. Register on WebTrac or call DSN 466-2538 to reserve a spot in class. This is an alternating class offered every other Thursday.

HOPSports Fitness

Every Tuesday Night in March: HOPSports is an interactive fitness program for all ages to exercise in a fun environment with giant sized instruction. Tuesday evenings between 5-7 p.m. the whole family is invited to get fit together. The program will be offered at the School Age Center, Bldg. 112 and available for use free of charge to children and their family members. For more information, call SAC at DSN 466-2822. To see a video of the system in use, check out our Facebook page, www.facebook.com/HohenfelsFamilyandMWR.

Salzburg

March 19: Enjoy a leisurely-paced, self-guided walking tour of the Old Town of Austria. Highlights include the Salzburg Cathedral, Mozart’s birthplace and Mirabell Gardens. You will not be able to miss recognizable locations from the “Sound of Music.” The remainder of the day is at your leisure to explore and enjoy. Bus will depart Hohenfels from ODR, Bldg. H15, at 6 a.m. and return to Hohenfels at 10 p.m. Cost is \$69 per person. Seating is limited. You may also visit our website located at <https://webtrac.mwr.army.mil/webtrac/hohenfelsrectrac.html> to sign up

and pay for your trip. Call DSN 466-2060, CIV 09742-83-2060.

Teen pickup basketball

March 19: The basketball courts in the School Age Center’s gym will be available on Saturdays for teens, 7th to 12th grade. Play pickup basketball games or shoot around from noon-5 p.m. beginning March 19. CYSS registration required to participate. Call the Youth Center for more information at DSN 466-4492, CIV 09472-83-4492.

Princess Party and Storytime March 23: Don’t miss this special story time at the library. Princess stories will be read and kids are encouraged to dress up in their best princess or prince costume. Call DSN 466-1740 for more information.

Texas Hold ‘Em

March 25: Go all in at this year’s Armywide Texas Hold ‘em Tournament. Hohenfels is one of a handful of garrisons hosting this tournament locally with five rounds of play beginning in March. First, second and third place winners will take home cash prizes and 1st place at each garrison will advance to the on-line finals taking place in July for a chance to win huge prizes.

Top prize is an ultimate home theater worth approximately \$6,000. Games will be played at The Zone, Bldg. 150 with doors opening at 5:30 p.m. Hohenfels tournament dates are as follows: March 25, April 8, May 20, June 3 and garrison final on June 4. For more, call 466-4611 or Facebook us at www.Facebook.com/HohenfelsFamilyandMWR.

Prague

March 26: Join ITR on a day of adventure to one of Europe’s most mesmerizing cities and discover why Prague is known as the “Jewel of Europe.” Tour the city, see where the movie Mission Impossible was filmed, walk the Charles Bridge and watch the Astronomical Clock.

The bus will depart Hohenfels from the CAC, Bldg. 40 at 6 a.m. and return to Hohenfels at 9:30 p.m. Cost is \$59 for all ages. Price includes roundtrip transportation. Seating is limited. Call to reserve your seat today. Visit <https://webtrac.mwr.army.mil/webtrac/hohenfelsrectrac.html> to sign up and pay for your trip. For more, call DSN 466-2060, CIV 09742-83-2060.

Dodgeball tournament

March 26: Find out if your team has what it takes. Register before March 26 for the dodgeball tournament and vie for the bragging rights. The tournament is open to U.S. ID cardholders 18 years and older. Registration

is free of charge; teams must have six people, maximum of six teams in tournament. For more, call DSN 466-2868 or e-mail bill.craven1@us.army.mil.

Schweinfurt Briefs

Estates claim

Anyone having claims on or obligations to the estate of Pfc. Brandon L. Burdette of the 1-77th Field Artillery Regiment should contact the summary court martial officer, Capt. Nate Moore, at DSN 354-6349, CIV 09721-96-6349.

Palm Beach pool trip

Outdoor Recreation hosts a trip to Palm Beach pool and indoor park near Nuremberg, March 19. The trip leaves from Conn Bldg. 50 at 10 a.m. and returns at 5 p.m. The cost is \$12 per person plus entry fees (€3.50-13.50). For more, call DSN 353-8080, CIV 09721-96-8080.

Seattle Sea Gals

The Seattle Sea Gals, professional cheerleading squad for The Seattle Seahawks, will entertain the Schweinfurt community with a variety show including a set of family-friendly humor by comedian Brian Ricci. It kicks off at the Finney Fitness Center at 7 p.m., March 25. An autograph session will take place after the show. Admission is free and seating is first-come, first-serve. Evening child care available. For more, call DSN 354-6225, CIV 09721-96-6225.

Spring Bazaar

Schweinfurt Community and Spouses’ Club in partnership with Family & MWR presents the annual Spring Bazaar, April 1-3 at the Finney Fitness Center. The event will feature international vendors offering antiques, home decor, jewelry, artwork, cheese, wine, handmade wool rugs and much more. Tax-free shopping is open to all U.S. ID cardholders. Credit cards are accepted. Strollers are welcome, but no pets please.

ODR spring trips

Schweinfurt ODR’s warm-weather season kicks off with a rock climbing trip, April 2. It leaves at 10 a.m. and will take you to the craggy heights of the Frankenjura Mountains, all while safely strapped in to a harness. The trip costs \$25 for equipment rental and transportation. For more, including the upcoming season of trips, visit Conn Bldg. 50 or call DSN 353-8080, CIV 09721-96-8080.



NUREMBERG

The charming imperial city warmly welcomes visitors

Story and photos by
Gini Sinclair
USAG Ansbach Public Affairs

NUREMBERG, Germany — While over two million visitors travel from all over the world to Nuremberg each year, it’s a short trip for many Americans living in Germany. Visitors from all around Bavaria can travel by train, bus or by car and in most cases the trip will take about an hour.

Nuremberg offers all the amenities of a large city, and the sightseeing opportunities of an old city. The city website lists 19 different museums and 24 places for the visitor to see. The main sightseeing features include a castle, parts of a town wall, churches, fountains and the houses of famous sons such as Albrecht Durer.

History

Located in the Franconian region of Bavaria, the town first came into existence in the 11th century. Nuremberg received a charter in 1219 and was made a free imperial city by the end of the 13th century.

Nuremberg was one of the largest trade centers on the route to northern Europe. The Holy Roman emperors all spent time at the castle in Nuremberg, giving it political as well as economic power in the area.

Today, visitors can shop in modern department stores, small boutiques, visit one

“ **Nuremberg offers all the amenities of a large city and the sightseeing opportunities of an old city.** ”

of the many museums and spend the night in one of the many hotels or bed and breakfasts.

One of the largest museums, the Germanisches National Museum has been compared to the Smithsonian Institute in America. The Germanisches National opened in 1852, in the Kornmarkt, and includes among its collections a history and prehistory department, a picture gallery, a sculpture section, a musical instrument collection, arts and crafts section, an anthropological section, and an engraving section.

The climb to the castle

The Imperial Castle Nuremberg sits at the top of a hill and was constructed in three sections. The Kaiserburg dates from the middle of the 12th century and has a chapel built by the Emperor Barbarossa. The Burggrafenburg belongs to the city and has since 1427. The Kaiserstallung served as the stables in



During a newcomers’ orientation, Valerie Fuentes turns the ring on the Schoene Brunnen that is supposed to make a person’s wishes come true. Top: The Hospice of the Holy Spirit was built in the 14th century as refuge for old and needy people. Today, it’s a senior citizens’ home owned by the city.

former times, but is today a youth hostel. Visitors can tour the castle getting a glimpse of the chapel (one of the oldest buildings preserved today), residential

apartments, the Knights’ Hall and the Emperors’ Hall and residential and state rooms.

The Deep Well is located in the center of the courtyard and was a very important

feature in the Middle Ages. A secure water source often meant the difference between life and death, the well is 47 meters deep.

For those with the energy (after climbing the hill to the castle) the Sinwell Tower is open for visitors. The tower has a viewing platform 385 meters up, offering a panoramic view of the town.

The city wall that is still remaining dates from the 14th and 15th centuries and was the third wall in the town. The original wall had 128 towers; 80 towers still stand in the remaining section.

St. Sebaldus

The Protestant Parish Church of St. Sebaldus was begun in 1230-40 and is based on the Bamberg Cathedral. Today, visitors can see a Gothic reliquary, the Sebaldus tomb, a bronze font and sculptures by V. Stoss and A. Krafft.

The Frauenkirche served as the court church for Emperor Charles V in the 14th century. The clock features the figures of seven electors who circle three times around the enthroned Emperor Charles IV every day at noon.

The Schoene Brunnen, beautiful fountain, dates from the 14th century. It stands 62 feet high above the basin, with figures of electors, pagans, Jewish and Christian heroes. The figures there today are copies,

portions of the originals can be seen in the Germanisches Museum. Other fountains considered to be worth a visit are the Fountain of the Virtues, Gooseherd Fountain and the Marriage Carousel.

The famous artist Albrecht Durer is a son of Nuremberg, his house is open to visitors.

Christmas Market

Nuremberg is also famous for a Christmas Market held each year in the city center. In 2009, the market had more than two million visitors to its more than 180 booths.

The market restricts itself to selling traditional items. One of the items Nuremberg is famous for is a cookie called lebkuchen, which is a spiced cookie reminiscent of gingerbread.

During World War II, Nuremberg became famous as the centerpiece for the Third Reich, and as such it was heavily damaged during the war. Most of the buildings in the town have been reconstructed as faithfully as possible to the originals.

Once a visitor has seen the wall, churches, museums, fountains and houses it’s an easy task to find a comfortable restaurant offering Franconian specialties. Just remember to watch the train or bus schedule, as the German public transportation is notorious for being punctual.

Clinic preps Soldiers for deployment

by Jennifer Walsh Cary
BMEDDAC Public Affairs

VILSECK, Germany — With the 172nd Infantry Brigade gearing up for deployment, the Grafenwoehr Behavioral Health Clinic is taking steps to set the infantry Soldiers up for success.

"I'm going to work with the command teams to help them educate their troops on sleep issues, managing stress, suicide prevention — anything that's related to behavioral health," said Capt. Gina Wright, social worker and behavioral health officer.

According to Wright, their goal is to ensure every Soldier is mentally prepared for deployment.

"I want to help them realize that there are some Soldiers that are going to need some extra support and resources. If they already know who they are, let's go ahead and get them taken care of now so when they're ready to deploy, they're at a higher level of readiness," she said. "You can never be educated enough."

To achieve this, she's focusing on the command groups at the company level.

"They know their Soldiers," she said. "They know what their Soldiers are stressed out about and what their concerns are, whether it's financial, relationships or their first deployment."

After consulting with Wright, company commanders will have the option of choosing the best means of communicating with



Photo by Marion Garza

Capt. Gina Wright talks to a Soldier at the Grafenwoehr Behavioral Health Clinic. Wright will work with the 172nd Infantry Brigade to mentally prepare their Soldiers for an upcoming deployment.

their Soldiers. This could include setting aside office space for Wright so Soldiers can talk to her one-on-one, or setting up presentations for the entire company.

One presentation she's likely to make is about preventing sleep issues downrange, a common problem she saw while she was in Iraq last year.

"If you aren't getting good sleep, then you aren't taking good care of yourself," Wright said. "It affects your mood and your interaction during the day. It's one of the first things you want

to address."

She recommends establishing good sleep hygiene before deploying so that it becomes a routine.

"I would talk to them about caffeine and smoking because both of these things are stimulating. Try not to have a cigarette before bed; and a Monster at 8 o'clock isn't going to help you fall asleep," she said. "Establish a good sleep routine. As humans, we have a rhythm and if we can do two or three things before we fall asleep, then no matter where we are we can fall asleep. If we do A,

B and C, then our body knows that sleep is next."

She may also do a presentation on effective communication, which is often a problem for Soldiers while they're downrange.

"I would talk to them about saying 'I' statements. Don't tell someone how they feel. Instead of saying you're always angry, say I feel like you're always angry," she said. "Also, maybe that moment isn't the best time to discuss what's going on. Maybe that person needs a few minutes to calm down. Respect that."

One of the other things Wright said she learned during her deployment is that self-care is important.

"It's important to separate yourself from your peers because when you deploy you're with them all the time. Your personal time is very limited," she said. "Remove yourself from work and your peers and spend some time with yourself."

Overall, she said it's important for Soldiers take an active role in being mentally ready to go downrange and encourages them to make an appointment at the behavioral health clinic if they need some extra help.

"We're kind of like a sounding board. We're here to listen and help you work through things on your own," Wright said.

To make a behavioral health appointment on Main Post, call DSN 475-7152, CIV 09641-83-7152.



by Lt. Col. Stephen Linck
BMEDDAC

Want your health-related question answered? Send an e-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the Bavarian News.

Q: My daughter won't tell me if she's sexually active, but she's at the age where I wouldn't be surprised. Should I bring her in for a Pap smear just in case?



Linck

V/r,
Harried in
Hahnbach

A: Dear Harried,
Thanks for your question and openness. The American College of Obstetricians and Gynecologists, or ACOG, changed their recommendations around two years ago. They do not recommend regular Pap smears until 21 years of age, then every two years after the initial screening. At age 30, they recommend tests every three years.

I am sure this is a difficult time for all of you but there are some other things to take into consideration. Has your daughter received the HPV vaccine (Gardasil)? This vaccine is proven to reduce the risk of cervical cancer and is recommended for girls ages 11-26. Some other things to take into consideration are birth control and prevention of sexually transmitted diseases. These can be very difficult conversations, but I am a strong believer that prevention is the best cure.

Q: I can't sleep at night. It takes me at least half an hour to fall asleep and I wake up at least twice a night. Any advice on how to get a good night's rest?

Respectfully,
Sleepy in Schlict

A: Dear Sleepy,
I hate insomnia, but imagine all the work I could get done if I did not have to waste time sleeping. In health care we talk about sleep hygiene. Avoid caffeine after 2 p.m. because the effects of caffeine last around six hours. Try to avoid alcohol. Small amounts are OK, but in reality alcohol makes you sleepy and prevents you from entering REM sleep. Sleeping without entering the REM cycle is not restful.

Avoid things that make you anxious and try not to watch TV or play video games in bed. My wife recently suffered insomnia and was helped with a simple biofeedback machine. Other things that can help are self-hypnosis or acupuncture. There are also a variety of pharmaceutical aids on the market that can help if things get really bad. You can contact your local health clinic or behavioral health clinic for options.

Q: Do vitamin C tablets really work? I've been eating them once a day so I don't get sick, but I seem to have a runny nose ...

Thanks,
Skeptic in Split

A: Dear Skeptic,
The answer depends on who you ask. Medical literature does not fully support the use of vitamin C for the prevention of cold or flu. If used in moderation at recommended doses there is no harm in taking vitamin supplements so it may help. The most important thing you can do to prevent getting a cold or the flu is to wash your hands or use alcohol-based hand sanitizers. I must have answered at least a dozen questions with this same answer. If you really want to prevent getting sick, wash your hands.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

Healthy relationships are worth the effort

by Lt. Col.
Scott Weichl

*U.S. Army Public Health
Command (Provisional)*

Anyone in a romantic relationship (yes, that includes those of you who are married) knows that creating and maintaining a healthy relationship takes hard work. In the military, such factors as long hours at work and deployments and separations can take their toll on a relationship. Often, when service members return home after an absence, they discover that some roles have changed. Feelings of anger, isolation, betrayal and fear may be experienced by many people in these circumstances. A variety of stressors can challenge even the best relationships.

So, what can you do to improve and keep your relationship healthy?

Good habits like physical exercise and healthy

nutrition keep our bodies and minds strong. So it is with healthy relationships! To improve and maintain a healthy relationship start practicing these three good habits:

First, work on improving your communication. You can begin now, and reap the benefits immediately by using these techniques:

Active listening — Really listen to what your partner is saying when he or she is talking. Eliminate distractions such as television, an iPod or video games. Tune in to your partner's words and hear what is being said behind the words. Benefit: Your partner will feel valued and important.

Reflection — When your partner finishes speaking, repeat what your partner said, so he or she knows you are listening. This practice ensures you really understand what

“Healthy relationships don't happen overnight.”

is being communicated. Your partner then has a chance to clarify if you didn't quite understand. Benefit: Your partner will know you really want to know what he or she is trying to say.

Effective expression of emotions — If you are upset and feeling angry, slamming doors and shouting will not address the issue. If you are really out of control, take a timeout — go for a walk, or leave the situation — but not before telling your partner you want to talk about your feelings after you've had time to cool off. Benefit: You and your partner will exercise control over the

situation rather than allowing the situation to control you.

Second, be thankful and appreciative. Take time to think about why your relationship is important to you, and the many benefits reaped from sharing life with your partner. Telling your partner that he or she is important can shift the emotional energy from conflict to contentment. Rather than being fixated on what is wrong, focus on the positive aspects of your relationship. Many times this reflection helps to put the issue in perspective.

Third, have fun! Remember when you were a teenager and dating? You might not be teenagers anymore, but re-dating your partner can jumpstart a stalled relationship and steer you from a rocky, difficult time. Consider going to a movie together, trying a new activity such

as bicycling or a pottery class or just taking a walk together.

Building and maintaining healthy relationships is hard work, but putting forth the effort can improve your mental and physical health. Arguments often cause blood pressure increases, hasty, impulsive decisions, a bad mood for the rest of the day, etc. Healthy relationships don't happen overnight, but making little changes in your behavior and thoughts can result in improved happiness and better overall health.

Visit After Deployment, a military site for help with a variety of life issues including program and information sheets for improving relationships at www.afterdeployment.org. *Editor's Note: Lt. Col. Scott Weichl is a chaplain at U.S. Army Public Health Command (Provisional).*

Sometimes eating less means eating better

by Capt. Jennifer Lee
BMEDDAC

VILSECK, Germany — Good nutrition promotes good health. A healthy diet and regular physical activity can combat obesity and help prevent many chronic diseases such as cancer, heart disease and diabetes. This is especially important for our Soldiers and family members.

As we're almost a quarter into the year, are you keeping your New Year's resolution of keeping a healthy weight on track? Now is a good time to fine-tune that resolution, starting with specific goals of eating better.

March is National Nutrition Month, and although this campaign only occurs for one month, it should serve as a reminder for the rest of the year of the importance of good food choices and

overall health. The 2011 theme is "Eat Right with Color" with major focus on eating a variety of healthy, nutrient-dense foods on a daily basis. The National Nutrition Month is also closely aligned with the 2010 Dietary Guidelines for Americans, which was released Jan. 31. These guidelines are recommendations based on reviewing the latest sound science for what Americans should eat. The emphasis of the guidelines is to "enjoy your food, but eat less."

So, how do you "eat less, eat better" and keep it affordable?

Here are some tips:

Fruits and veggies. Make half of your plate fruits and vegetables. Use frozen and canned vegetables and fruits and buy them in bulk when they are on sale. Frozen is equal to fresh on nutrient quality and canned are a close second.

Buy low-sodium canned vegetables and canned fruits in their own juices.

Water. Replace sugary drinks such as fruit punch, sweet tea, energy drinks, soda and sports drinks with water.

Fat-free or low-fat milk. For anyone over the age of 2, switch to fat-free or 1 percent low-fat milk and dairy products. Look for dairy items that are on sale. Block cheese is cheaper than preshredded. Buy large containers of yogurt instead of the single serving to save some money.

Variety of proteins. Choose a variety of protein foods. This includes seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds. Remember that 3-4 ounces is a portion. Decreasing portion sizes for each family member can

save you some cash.

Grains are great. Consume at least half of all grains as whole grains. Cook wild rice, whole-wheat couscous, brown rice and barley in larger quantities and eat them throughout the week. Add beans, lean protein or low-fat cheese with a side salad or frozen vegetables for a balanced meal.

Balance, above all. Keep in mind the key is to balance the calories you take in from any food sources — to include solid and liquid — with the calories you're spending through physical activity. "Eat less, eat better" by planning ahead; and don't forget to stay active.

For more, visit the American Dietetic Association at www.eat-right.org. To schedule an appointment with a dietician, contact your local Army health clinic.

Garmisch, Hohenfels celebrate Black History

Speakers focus on sacrifices made throughout history

Story and photo by
John Reese
USAG Garmisch Public Affairs

GARMISCH-PARTENKIRCH-EN, Germany — A capacity crowd filled the ballroom of the Pete Burke Center on Artillery Kaserne for the garrison’s Black History Month observation, Feb. 25.

From the unique layout of the seating arrangement to the rare nighttime scheduling, the community was treated to an evening that mixed the official theme of “African American Soldiers in the Civil War” with food, drink and entertainment.

Center director Jessica Roberson planned and supervised the event, and seemed a bit surprised at the massive turnout and superlative overall quality of the evening.

“I planned this to be like an evening out,” said Roberson. “The ballroom was set up more like a jazz club than the traditional seating.”

To bolster the look, Roberson borrowed couches and used a mixture of seated and standing tables coupled with the fireplace and a corner for the band, appropriately named “Cats in the Corner.”

The program began with a clip from Ken Burn’s Civil War series, followed by an introduction by Roberson of her two guest speakers. The first was a reading by Angelina Moten, an energetic student from Garmisch Elementary-Middle School who literally bounced to the podium with enthusiasm.

The next speaker was U.S. Navy Capt. Laurell Brault, a 36-year career officer who began duty as an enlisted sailor and an immigrant to the United States.

“We cannot separate the history of blacks in America or during the Civil War apart from the history of the United States of America,” said Brault. “America is a beautiful quilt made up of many different patterns;



“The Cats in the Corner,” a jazz band comprised of Garmisch community members, played two hot sets equal to the best found in New Orleans or Kansas City.

if you try to remove one of the pattern’s squares then the beauty of the quilt is forever changed and the entire thing will start to unravel.”

Brault detailed the service of African Americans in the Civil War 150 years ago, pointing out sacrifices made then to prove they were worthy of serving in the military and the treatment they received from both sides in the terrible conflict. Blacks, she said, were also subjected to greater violence, sometimes leading to death, if they were captured by Confederate troops.

“The most well-known instance of brutality and abuse occurred at the Fort Pillow, Tennessee engagement of 1864. In what proved to be the ugliest racial incident of the war, Confederate forces under Lt. Gen. Nathan B. Forrest captured Fort Pillow on April 12, 1864, and proceeded to kill all the black troops within; some were burned or buried alive,” said Brault.

“A federal congressional investigating committee subsequently verified that more than 300 blacks, including women and children, had been slain after the fort surrendered. After the incident, black soldiers go-

ing into battle used the cry ‘Remember Fort Pillow!’”

Although she had a prepared speech, Brault spoke openly of her career and how serving in the Navy offered her opportunities she may have never had, and those only because of important people in her life like her mother and a Marine Corps officer who recognized her potential and encouraged her to excel.

The chow line opened after the speaker and snaked through the center, and there was plenty of good eats provided by the many volunteers Roberson assembled. In addition to the volunteers, Roberson was assisted before, throughout and after the event by the rest of the garrison FMWR team.

The jazz performance consisted of two sets and was as hot as anything found on Bourbon Street. For many in the garrison, it was an eye-opener to discover that familiar community members were musicians or singers.

Currently the garrison is commemorating Women’s History Month, and in May the community will enjoy an Asian-Pacific Heritage month celebration and observe Holocaust Remembrance.

Master Sgt. Mulvihill recognized at luncheon

by **Mark Iacampo**
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Hohenfels celebrated Black History Month with a luncheon featuring African delicacies, art and clothing displays, and a high school art contest at the Community Activities Center, Feb. 23.

U.S. Army Europe’s Command Sgt. Maj. Thomas R. Capel, the guest speaker, discussed the contributions of African Americans through the years, drawing a timeline from when the first slave ships arrived on the coast of Virginia to when Barack Obama became the first African-American president.

“As I think about the people who made it possible for me to be here today, I reflect back upon a long hard road on which too much blood was shed, too much sweat and too many tears wasted over the price of freedom,” he said. “As I look around this room today, we all sit together, eat together, fight together, bleed together on the same battlefields. But we have a lot of people to thank for that.”

“In 1977, I joined an organization that didn’t care about the color of my skin, an organization that didn’t care about where I was born or how I was raised,” said Capel. “I joined the United States Army where you’re rewarded on your performance regardless of your color, sex, or religion.”

Many people believe that it is this very diversity which gives the Army its strength.

“To me, diversity is very important and diversity in the army is essential to our success. So having months that commemorate our brethren of different races is important to our culture and it’s important to how we’re successful in what we do every day,” said Lt. Col. Gordon D. Mayes, Hohenfels Health Clinic commander.

“I think diversity is one of the greatest things we can have, not just in the military but in the United States as a whole,” added Sgt. 1st

Class, Beverlee D. Burton, Brigade Unit Ministry Team observer controller/trainer, Joint Multinational Readiness Center. “The more we can begin to understand other people, other cultures, other ethnicities, the better it makes us as a person.”

Though it wasn’t on the program, Capel also announced U.S. Army Europe’s recipient of the Equal Opportunity Advisor of 2010, Hohenfels’ own Master Sgt. Christopher T. Mulvihill. Capel presented Mulvihill an engraved plaque in recognition of his achievement.

“This group we see gathered here today, he brought together,” said Capel. “Master Sgt. Mulvihill has dedicated his entire life to doing what’s right for the U.S. Army.

“He’s the best EOA I’ve seen in the Army,” said 1st Sgt. Douglas M. Flach, D Company, 1st Battalion, 4th Infantry Regiment. “He handles everything he does very well and treats all the people and all the different situations that come his way with dignity and respect.”

Clothed in the traditional costume of the Yoruba tribe of Nigeria, Mulvihill said he was honored by the recognition, but quickly credited the Hohenfels community for much of his success.

“I’m sure that my experience was much simpler than a lot of other EOAs out there because of the community,” he said. “The support I had, the amount of participation ... It goes across the community, and it doesn’t matter what ethnic background you are, everybody pitches in equally for all these events, and that’s a beautiful thing to see.”

Col. John M. Spiszer, JMRC commander, also used the opportunity to present the Army Achievement Medal to Mulvihill in recognition of his achievement.

“The thing about the Hohenfels military community, we don’t just ignore race, creed, religion; we embrace it,” said Spiszer.

“We as an organization have gone beyond giving equal opportunity to embracing diversity and all the strengths and wonderful things about it.”

Bavaria tax centers have the answers

OIC answers questions like ‘Should I deduct for my haircuts?’

by **Capt. Joshua Grubaugh**
7A JMTC Tax Center

GRAFENWOEHR, Germany — Some of the most common questions we get at the tax center relate to tax deductions. “Can I deduct my haircuts?” “Can I deduct my cell phone bill, since my first sergeant tells me I have to have a phone on my at all times.” “Can’t I deduct the costs of my uniform?”

There are complicated rules on what can be lawfully deducted as a business expense. The IRS does not allow the expenses mentioned above to be deducted because there is a nonwork use for all of them (except in the rare case where there is an order from a garrison commander prohibiting uniforms off post.) As always, please consult with your tax center before attempting to make any questionable deductions. We can help, and we are much more understanding than an IRS auditor.

Itemized vs. standard

Even if the situations mentioned above were proper business expenses, more often than not, a Soldier should not take these deductions. Taxpayers have two options when

filing their taxes: to itemize deductions or to take the standard deduction. The taxpayer should always take whichever deduction amount is larger, reducing their tax liability and generating a bigger refund. And the standard deduction is quite high.

If you are single, the standard deduction is \$5,700. It’s \$8,400 if you’re filing head of household, and \$11,400 when married filing jointly. Thus, unless you have itemized deductions that are larger than this amount, you should take the standard deduction. Five hundred dollars worth of haircuts is much less than the \$5,700 you get just for being unmarried.

The big three

Generally speaking, the three biggest itemized deductions are medical expenses (which Soldiers do not have), charitable contributions and mortgage interest payments on a primary residence.

If you do not have a large amount of one of these three, then you probably will not itemize.

However, there are other examples of itemized deductions. If you are unsure if you should itemize, please come to one of our tax centers in Bavaria. As always, we are here to offer free tax preparation and advice.

Editor’s Note: Capt. Joshua Grubaugh is the officer in charge of the 7th Army Joint Multinational Training Command Tax Center.

Tax centers

Ansbach/Katterbach
Katterbach Kaserne
Bldg. 5817, 3rd floor
DSN 467-2324
CIV 09802-83-2324
Mon-Fri, 9 a.m.-5 p.m.
Thu, until 7 p.m.
walk-ins and scheduled appointments

Ansbach/Illesheim
Stork Barracks
Bldg. 6506 (Law Center)
DSN 467-4511
CIV 09841-83-4511
Mon-Fri, 9 a.m.-5 p.m.
walk-ins and scheduled appointments

Bamberg
Warner Barracks
Bldg. 7000, 4th floor
DSN 469-8261/8262
CIV 0951-300-8261/8262
Mon-Fri, 9 a.m.-noon,
1-4 p.m. walk-ins and scheduled appointments
Sat (Feb. only)
9 a.m.-noon
by appointment only

Garmisch
Artillery Kaserne
Bldg. 203
DSN 440-3516
CIV 088217-50-3516
Mon-Fri, 8 a.m.-noon,
by appointment only

Grafenwoehr
Main Post, Bldg. 216
DSN 475-9258
CIV 09641-83-9258
Tue through Fri,
9 a.m.-5 p.m.,
Mon, 10 a.m.-6 p.m.
walk-ins and appointments

Hohenfels
Bldg. 313
DSN 466-2836
CIV 09472-83-2836
Mon, Wed and Fri,
9 a.m.-4 p.m.
Tue and Thu,
10 a.m.-5 p.m.,
1st Sat of month
9 a.m.-noon
by appointment only

Schweinfurt
Conn Barracks, Bldg. 1
DSN 353-8286
CIV 09721-96-8286
Mon-Fri, 9 a.m.-5 p.m.
walk-ins and scheduled appointments

Vilseck
Rose Barracks
Bldg. 245, 1st floor
DSN 476-2714
CIV 09662-83-2714
Mon-Fri, 9 a.m.-noon,
and 1-5 p.m. walk-ins and scheduled appointments

UMUC sessions to begin soon

HEIDELBERG, Germany — University of Maryland University College Europe (UMUC Europe) announces registration for Spring 2011 Session 2. Registration for on-site (face-to-face) courses is available through March 20, with classes beginning March 21. Registration for Europe ONLINE (distance education) courses continues from now through April 3, with classes starting on April 4. Students are encouraged to enroll early.

UMUC is pleased to continue the popular book award program for session 2. Students can apply for a book award to offset textbook costs, including the \$100 Ork- and Military Book Award for enlisted service members and the \$100 Europe Book Award for spouses and family members of service members of all ranks. For information, go to www.ed.umuc.edu/financialaid.

Field study courses provide students with an opportunity to travel and explore Europe while earning university credit.

Education centers

Main Post
Bldg. 538
475-6219
(Now offering computer-based testing)

Rose Barracks
Bldg. 223
476-2753

Two upcoming courses are Scotland: Culture, Literature and History (ENGL 288I/388I) held in historic sites throughout Scotland, and History and Culture of Naples (HIST 217F/317F) held in Italy. Both courses meet on May 15-21 and have a registration deadline of April 24. Visit www.ed.umuc.edu/fieldstudy or e-mail fieldstudies@europe.umuc.edu for details.

For more information, contact a local UMUC field representative, visit www.ed.umuc.edu, or contact UMUC Europe at DSN 314-370-6762 or CIV +49-(0)6221-3780. UMUC Europe is also on Twitter and Facebook.

News is addictive. If you need more, subscribe to USAG Grafenwoehr’s daily newsletter.
E-mail usaggnews@eur.army.mil to get your daily news fix.

Seuss-fair mixes learning and fun

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — “The more that you read, the more things you will know. The more you learn, the more places you’ll go.”

These words, penned by the beloved children’s author Theodore Geisel, better known as Dr. Seuss, sum up the idea behind Hohenfels’ Elementary School’s “Seuss-Fair,” a fun-filled celebration of reading for grades kindergarten through third, presented in conjunction with Read Across America.

Sponsored by the National Education Association, Read Across America is celebrated each year on Dr. Seuss’ birthday, March 2. Designed to ignite a child’s desire to read, the national event encourages reading to children throughout the day. Even first lady Michelle Obama got into the act by reading to a gathering of some 400 school children at the Library of Congress in Washington, D.C.

At Hohenfels Elementary, though, simply reading wasn’t quite enough.

“We read the book, and then we do a little activity,” explained Lois Langholz, school librarian. She said by engaging the children in fun projects, they take more of an interest in what they just read. “They remember the books



Skyler Smith and friend read together at Hohenfels Elementary School’s Read Across America celebration.

more when they do these activities,” she said.

Scattered throughout the library, 15 activity centers bustled with laughing children, many clothed in wild and wacky costumes inspired by the humorous illustrations in Dr. Seuss’ books. Each activity coincided with a particular Dr. Seuss book while focusing on a different educational objective, such as “Fox in Sox math,” or the rhyming center, which stressed reading and vocabulary.

“For example, there’s art and writing at the Lorax station,” Langholz pointed out. “Not only do you get to create a truffula

tree, but you have to write a paragraph on what would you make with a truffula tree.”

“The Lorax” is an environmental awareness tale of the Once-ler who decimates a forest of truffula trees to craft the wares he sells while the Lorax tries to thwart his designs.

“This helps plant the seeds of curiosity,” said Barbara Fitzgerald, volunteer library assistant. “It’s just enough of a taste, so they want to learn more, they want to get the books, they want their parents to read them, and they want to read them themselves.”

Though the Seuss-fair is only for grades K-3, Langholz said

other activities were going on throughout the school.

“The sixth grade had a debate about the Lorax, for instance,” she said. “Who’s right, the Lorax or the Once-ler?”

Besides teachers and parent volunteers, fourth-graders like Carrington Johnston also offered their assistance.

“The fourth-graders have gotten to participate in the fair for the past three years, so they feel like their missing out,” said fourth-grade teacher Kathy Martin. “So they come in to help with the younger kids, and they still get to be a part of it.”

Various community members dropped by the fair throughout the day to lend a hand. Command Sgt. Maj. Brenda J. Kadet spun blindfolded children and set them loose in a “pin the green eggs to the green ham” game, while Nan H. Barker, director of the garrison library, stopped by to read aloud.

“I want kids to read, and I want them to love to read,” Barker said. “Kids are being turned off by reading because they see it as a chore. But we’re here to change all that. I want to share books with kids because they’re passports.”

“We’re getting better every year,” Langholz said. “And we’re hoping this celebration continues to the parents, so that they’ll be reading a little extra to their children after school today.”



With a little help from Things 1 & 2 and a few other volunteers, the Cat in the Hat (Sylvia Metzger) reads to a library full of Garmisch’s littlest community members.

Garmisch celebrates Read Across America

Story and photo by
Kelley Smith
Garmisch Family and Morale, Welfare and Recreation

GARMISCH-PARTENKIRCHEN, Germany — Dressed as princes, princesses, Bob the Builder and many others, a group of Garmisch’s youngest community members gathered at the library, March 3, to celebrate Dr. Seuss’ birthday and the Read Across America program.

This year’s event drew 18 adults and 41 children. The morning’s activities began with the singing of Happy Birthday to the famed children’s author. The reading was co-hosted by the library staff and the Garmisch Army Community Service team. The morning ended with each of the children in attendance receiving their very own Dr. Seuss book.

“I love that our community is family-focused,” said parent Celeste Dryjanski. “While there are a lot of things for the older children, it is special that we have programs focused on our smaller kids.”

AFAP delegates deliver

Continued from page 1

70 issues, 58 of which were considered local, Rager said.

Of the 60 issues facing delegates this year, all the top conference issues were local, Rager said.

“It’s very interesting all of these top issues were local,” said Col. John M. Spitzer, Joint Multinational Readiness Center commander. “That gives us an opportunity to actually do something. The power is in our hands.”

Memorial

The delegates’ number one issue concerned an Operation Iraqi Freedom and Operation Enduring Freedom memorial for the Hohenfels’ fallen Soldiers. There is currently no designated place where family, friends and community members can gather to mourn, honor and remember their fallen Soldiers. They suggested that a centrally located memorial would bring a sense of closure, respect and appreciation for all.

Recreation facilities

The number two issue dealt with on post recreational activities for children ages 6-17. The delegates pointed out the early closure hours of school-aged children’s recreation facilities and the lack of

Top Grafenwoehr AFAP issues

1. School-aged child resiliency program
2. Language barrier pertaining to consumer protection
3. High school transition program
4. Special needs summer school
5. Transportation to the Landstuhl Regional Medical Center

Issues 1 and 2 were elevated to the IMCOM level. The other issues are considered active and will be initially addressed locally.

coordination between existing facilities and current bus schedules. The concern is that a lack of adequate facilities for children may lead to underage dependents participating in unsafe and unsupervised activities. With the long-term goal of creating a multiage recreational facility. The conference members also suggested establishing a high school-only recreation area for Friday and Saturday evenings.

School lunches

Delegates determined that the school lunch program fails to prepare adequate numbers of preferred menu items during lunch services at both schools. They suggested the school provide a take home menu to allow students to select from available menu items ahead of time, thereby ensuring enough of each item is pre-

pared for the day.

Cell phone coverage

The last of the top five issues related to cell phone providers. While Vodafone is available on post, phone selection is limited and contract options are not offered. Delegates suggested that engaging Vodafone to provide contract services on post would provide better communication and reliable access to emergency services.

Lt. Col. Kevin J. Quarles, U.S. Army Garrison Hohenfels commander, promised that he and his team would work the issues until completion.

“I want to thank everyone for their participation,” said Quarles. “Your energy started the process for us this year. The community is sending me a message, I’m getting it. And I’ve got work to do.”

Robbers no match for military police

Continued from page 1

Uniformed Police, stormed the building. Elements from the 630th MPs, known as the Mavericks, supported the ANSF and AUP by forming an outer cordon around the bank during the siege.

Maverick Soldiers took small-arms fire from robbers positioned on the building’s roof during this time, said Capt. Mariah Perez, commander of the 630th MP Company.

In returning the fire, the U.S. Soldiers provided coverage for the ANSF and AUP to take over the first two floors of the building. The Afghan forces evacuated between 40 and 50 hostages while the 630th MPs provided suppressive fire, said Perez, who was on the scene with her Soldiers.

While the Afghan Soldiers and police moved higher in the building, driving the hostage-takers to the top floor, U.S. Soldiers treated the wounded on lower levels and helped evacuate them for further medical attention, said Perez.

The confrontation ended when the Afghan forces cornered the robbers on the fourth floor. The assailants then detonated two vehicle-borne

explosive devices outside the building in quick succession, according to the official public affairs release from ISAF. At this point, the MPs cleared the building and waited for U.S. ordnance disposal units to arrive at the scene.

While waiting for these bomb removal squads, two large blasts were heard inside the building. The ISAF release described these as suicide vest explosive devices, and their detonation marked the end of the robbery and hostage crisis. All remaining attackers inside the bank were either killed or wounded, and despite some injuries, coalition forces suffered no fatalities, according to the report.

The civilian death toll numbered nearly 40, said ISAF Media Operations Officer Maj. T.P. James of the British army. According to him, the armed men opened fire on innocent civilians.

The Schweinfurt-based MPs’ assistance on the scene provided crucial support to allow Afghan forces to retake the bank, and the U.S. Soldiers’ medical aid and hostage evacuation surely saved lives in what could have been an even deadlier day.

Phoebe makes an entrance

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and Morale, Welfare and Recreation at Rose Barracks’ Langenbruck Center, when she received a phone call. A panicked Compean was on the other line.

“Get over here now,” said Compean. “The baby is coming.”

Five minutes later Sands arrived on the scene followed by the military police and emergency medical technicians. Conditions for driving to the hospital were not ideal as an ice storm had hit the night before. Plus, according to Sands, they would have never made it in time.

“Julia’s contractions were coming every two minutes and she had already started to crown,” said Sands.

In layman’s terms, the baby was on the way.

“At that point, the crowded bathroom floor was how it had to be,” said Gallegos, garnering laughs from her two friends.

“There were six of us crammed in there,” said Compean. “It was a delivery with an audience.”

Within 30 minutes from the time Compean made the phone call to Sands, Gallegos had given birth. In addition to the timing of birth being a surprise, so was the sex of the baby.

“I screamed, ‘It’s a girl!’ as soon as she came out,” said Sands. “I think I was more excited than Julia.”

“It all happened so fast,” said Gallegos. “It was such a crazy experience and hard to explain, but I’m glad they were there for it.”

“It’s a special bond that extends past our friendship into the next generation,” said Sands, taking the tiny hand of the baby still cradled in her lap.

“And that’s Pheobe.”

Employees make customer service an artform at CYSS

Continued from page 3

specific in-processing.

“She didn’t miss a beat,” Joseph said. Mrs. Rainey gave her towels, sheets, blankets and took the family grocery shopping, in addition to helping them feel welcome in their new home.

When Joseph got home, she realized one of the blankets Mrs. Rainey had given her was a handmade quilt. A few weeks later when the family was settled, Joseph attempted to return the quilt and linens.

“Mrs. Rainey promptly said: ‘Keep it, someone else will need it,’” Joseph said. “I’ll always remember her for that. She made me have such a love for

Germany.”

The customer service the Phillips family received at Parent Central Services was no anomaly. In fact, every employee in the Directorate of Family and Morale, Welfare and Recreation receives several stages of training as part of the “Operation Excellence” customer service training program, according to Anita Payne-Landgraf, acting director of FMWR. Not surprisingly, Joseph is one of the course’s instructors.

After producing a hefty stack ICE comments filled with gratitude and kudos for her staff, Payne-Landgraf said her Child, Youth and School Services employees routinely receive praise.

Verlena Williams, a Rose Barracks Parent Central employee, was recognized recently by the garrison commander with the Quarterly Customer Service Award for achieving 100 percent satisfaction rating from customers.

And much of the service the staff provides extends outside the offices in which they work.

“We see parents out in the community and they remember us, and ask additional questions,” said Santiago-Flores, whose husband Sgt. Daniel Flores is a mechanic with the 574th Quartermaster Company. “Usually I say, ‘Just shoot me an e-mail and we’ll take care of it.’”

According to Payne-Landgraf, out

of CYSS’ nearly 200 employees, 85 percent are military spouses, which means it’s easy for them to identify with their customers.

“Part of what we do is remember what it’s like to go through that process,” Joseph said.

And keeping those memories fresh might just be the key.

The Phillips family has since moved into housing at Netzbarg, but it’s unlikely they’ll forget those poignant first moments in Germany. Like Mrs. Rainey’s handmade quilt, that warm reception will endure.

“I still have that blanket,” Joseph said with a smile. “That’s one of the first things I’ll pack when we leave.”